

ABSTRACT

A recording/reproduction method for recording/reproducing data to/from an optical recording medium including a guiding groove 5 and a recording layer is disclosed. The recording/reproduction method includes a step of irradiating a laser beam onto the optical recording medium by modulating at least one of a laser irradiation time and a laser irradiation intensity to two or more values, wherein a Pbi/Pr ratio of a reproduction power (Pr) and a bias 10 power (Pbi) is set to a value that is no less than 0.5, wherein the data are recorded by constantly providing the laser beam with a power level including the reproduction power (Pr) added to the bias power (Pbi).